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Address

• Vikram Nagar, Boudhi Chouk, Latur.
• Tq. Latur, Dis. Latur 413512 (MS.)
• (+91) 9922455749, (+91) 9158387437

Email

• aaiirjpramod@gmail.com
• aayushijournal@gmail.com

Website

• www.aiirjournal.com

CHIEF EDITOR – PRAMOD PRAKASHRAO TANDALE

The Violent Child...Some Emerging Patterns**Hashmi Saleha**

Principal, Huda College Education

A'bad, 431001

Contact no. 8805427767

Sa28.hashmi@gmail.com

Abstract:

The present article deals with the violent or aggressive behavior of children in early life. However, parents, family members and others can prevent these behavior tantrums by using proper strategies. Here some early signs like intense anger, Frequent loss of temper or outbursts, Extreme irritability, Extreme impulsiveness, Becoming easily frustrated are discussed in detail in order to acquaint with the issue.

Key Words: Violent, patterns, Aggressive, Temper Tantrums**Introduction**

Most children have occasional tantrums or meltdowns. They may lash out if they are frustrated or they may be defiant if asked to do something they don't want to do. But when kids do these things repeatedly, or can't control their tempers a lot of the time, it may be more than typical behavior. Violence in the children includes a range of behaviors, including threats, bullying, harm to animals, aggression towards others, explosive temper tantrums and armed assault. Children who show a pattern of such behavior are often diagnosed with a psychiatric illness known as conduct disorder. The causes of violent behavior is difficult to pin down. According to the American Academy Of Child And Adolescent psychiatry, or AACAP, " Numerous research studies concluded that a complex interaction or combination of factors leads to an increased risk of violent behavior in children and adolescents."

Definition:

Violence is defined by the World Health Organization as "The intentional use of physical force or power, threatened or actual, against oneself, another person, or against the group or community, which either results in or has a high likelihood of resulting in injury, death, psychological harm, maldevelopment, or deprivation."

There is a great concern regarding the frequency of violent behavior among children. This complicated and disturbing problem needs to be approached cautiously by parent's caregivers and teachers. Children as young as preschool can participate in violence. Violent behavior in a child at any age always needs to be taken seriously. Children who display explosive or unruly behavior are the most difficult for school staff and parents to oversee. Children with violent behaviors are repeatedly violent and confrontational and perhaps disobedient, start fights, push, kick, hit or grab, throw, things, verbally threaten, classmates or staff or destroy property. Some children respond to verbal prompts to stop and end the outbursts. Others melt down with no obvious trigger and once they loss control, cannot be reached until they are finished with their trade. Usually, these children do not manage transition or unexpected change and have low tolerance for frustration. A variety of

reasons have been linked to childhood aggression, such as whether the parents are separated at the time of birth, low income, whether the mother has a history of antisocial behavior and physical abuse in the family.

Violent Behaviors:

Behavior in children can include a wide range of behavior explosive temper tantrums, physical aggression, fighting, threat or attempt to hurt others (including homicidal thoughts), use of weapons, cruelty towards animals, fire setting, intentional destruction of property and vandalism. Some of the causes of violent behaviors are:

- Intense anger
- Frequent loss of temper or outbursts
- Extreme irritability
- Extreme impulsiveness
- Becoming easily frustrated

Early Warning Signs:

Early warning signs of violent behaviors of a child includes...

Fire Starting: The first level of concern is the warning signs associated with a risk of violence or destructive behavior in the near future. It is associated with morbid, destructive or violent behavior or fantasy.

Cruelty To Animals: The child shows cruelty or violence towards pets or other animals. Despite violent or destructive behaviors in artistic or other creative expressions.

Bed Wetting : it is the first level of concern. But bed wetting alone is not significant. But can be linked with destructive, dangerous and violent behaviors.

Socially isolated, outcast or withdrawn: It is one of the general warning sign. The child is socially isolated outcast and withdrawn.

Emotions and behaviors are easily influenced by peers: The child is easily impressed by his peers. Imitation of behaviors and copying their peers is one of the most common **feature of the child's behavior**. Hence it is also an indication of early warnings of the violent behavior of child.

Victimized or treated badly by peers: it is also one of the warning signs of the child's violent behavior. If the child had suffered by the bad treatment by his peers. Victim of any of the incidents of child abuse is also a violent child.

Increased Risk of Violent Behavior

Numerous research studies have concluded that a complex interaction or combination of factors leads to an increased risk of violent behavior in children. These risk includes

- Being the victim of physical abuse and/ or sexual abuse
- Exposure to violence in the home and/ or community
- Genetic i.e. family heredity
- Exposure to violence on TV, movies or video games
- Use of drugs and / or alcohol
- Presence of firearms in home
- Brain damage from head injury

A combination of stressful family socio economic factors contribute to violent behavior such as poverty, severe deprivation, marital breakup, single parenting, unemployment, loss of support from extended family.

Aggressive Behavior

Aggressive behavior is behavior that causes physical or emotional harm to others. It may range from verbal abuse to physical abuse. It can also involve harming personal property. Aggression towards others, explosive temper tantrums and armed assault. Children who show a pattern of such behavior are often diagnosed with a psychiatric illness known as conduct disorder.

Intense Anger

Intense anger is also called as inappropriate anger, is one of the most troubling symptoms of a violent child. It is more than just a standard emotional reaction, acts and words in direct or covert ways can be begin at an early age. Unfortunately this anger often is not properly identified understood and addressed by busy parents and therefore it has serious consequences for the child.

Frequent Loss Of Temper

Tantrums in a child can cause many embarrassing situations. Sometimes occurrences or non occurrences of a particular event could cause anger in your child like an unfair move by a friend in a game, the inability to secure any particular toy such. When the child experiences anger, his body undergoes a chemical process that activates your biological "fight or flight" response. Some emotional signs of losing temper in a child includes irritation, sadness or depression, guilt, resentment, anxiety, defensiveness. Temper tantrums in young children can be an early signal of mental health problems, but how does a parent or pediatrician know when disruptive behavior is typical or a sign of a serious problem? Temper modulation problems are both a hallmark of early childhood and a common mental health concern. Thus, characterizing specific behavioral manifestations of temper loss along a dimension from normative misbehaviors to clinically significant problems is an important step towards identifying clinical thresholds.

Extreme Irritability

One of the most disturbing psychological tribulations of parenthood is a child who is chronically irritable, angry, on edge, unhappy and who explodes into temper tantrums. Anger and irritability are among the most common reasons parents consult. Irritability is a non specific symptom of psychiatric disorder. It has been a major source of the over diagnosis of bipolar disorder in children. It is a feeling of agitation. In longitudinal studies of irritable children and adolescents, and in a cross sectional studies of adults, irritability and depression are strongly associated. Depression is nothing but mood disorder. It may be described as feelings of sadness, loss, or anger that interfere with a persons everyday activities.

Extreme Impulsiveness

Impulsivity is a multifunctional construct that involves a tendency to act or whim displaying behavior characterized by little or no forethought, reflection or considerations of consequences. Impulsive actions are typically, "poorly conceived prematurely expressed. Unduly risky, or inappropriate to the situation that often result in undesirable consequences which imperil long term goals and strategies for success. A functional variety of impulsivity has also been suggested, which involves action without forethought in appropriate situations that can and does result in desirable consequences. Impulsivity is both facet of personality and a major component of various disorders including ADHD, substance use disorder, bipolar disorder, antisocial personality disorder and personality disorder.

Easily Frustrated

This temperament type is common in children. The child shows high activity and high frustration (or is easily discouraged). The children with this temperament trait really need their parents to patiently and consistently teach them problem solving. The very skill that will help them cope with frustration. Frustration may be your children's most significant obstacle to achieving their goals. We all experience the feeling of frustration when we are not able to do something as we pursue our goals : we feel stuck, we get uptight, and we have difficulty focusing. The solution is to develop the positive attitude among your children.

Sugesstions For Parents

Research studies have shown that a lot of the violent behavior can be decreased or even prevented if the above risk factors are significantly reduced or eliminated. following suggestions are advised for parents:

- Consulting with a mental health professional is always appropriate when you believe that your child may become destructive or violent.
- Reduce the family's tolerance for violent behavior.
- Improve verbal communication skills.
- Eliminate alcohol or other drug use.

Help children develop the ability to remain calm during the conflict.

Sugesstions For Teachers

- Good teachers often have a second sense about their students, notice the changes in the behavior of child and give cold response to violence.
- Request that your school have in-service programs for teachers specifically for the purpose of identifying the symptoms of at risk children.
- Teach critical thinking skills: they can prevent violence.
- Set a good example. Use your clout as a teacher to call into question administrative rules in your school that might be leading to misbehavior.
- If your school does not already have a violence prevention program, talk with administrators about putting one in place.
- Get to know your students and establish a trust with them.

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